

The image shows the front cover of a spiral-bound notebook. The cover is a light beige or cream color with a subtle, mottled texture. A dark brown border frames the entire cover. On the left side, a silver-colored metal spiral binding is visible, consisting of a series of loops that hold the pages together. The text is centered on the cover in a dark brown, serif font. The title is in all caps and is the largest text on the page. Below the title, the author's name is written in a smaller, all-caps serif font. At the bottom, the subject of the lecture is written in a medium-sized serif font.

SPIRITUALITY 103

DEALING WITH GRIEF AND LOSS

Theodore L. Bleck, D. Min.

Spiritual Care Lecture

DEALING WITH LOSS

- ✓ Spirituality is expressed through emotions and intellect
- ✓ Alcohol and substance abuse produce a spiritual erosion... until one reached a bottom where nothing works
- ✓ Dr. Jellnick's Progression Chart

TYPES OF LOSS

INTANGIBLE LOSSES

- ✓ Memory (Blackouts)
- ✓ Interests
- ✓ Ordinary Will Power
- ✓ Values
- ✓ Control
- ✓ Self-Esteem

TANGIBLE LOSSES

- ✓ Family
- ✓ Job/Vocation
- ✓ Housing
- ✓ Personal Freedom
(Incarceration/Jail)
- ✓ Health

THE BOTTOM

- ✓ Need to restructure life
- ✓ Letting go of the addiction ... severing the connection with one's lover (the drug of choice)

**Wherever there's a letting go in life, one
can also find grief**

STAGES OF GRIEF

Dr. Elizabeth Kubler-Ross, MD

- ✓ Denial
- ✓ Bargaining
- ✓ Anger
- ✓ Depression
 - ✓ Resignation - or -
- ✓ Acceptance

OUTCOME

ACCEPTANCE IS MARKED BY:

- ✓ **Serenity** - knowing that you are going to be OK
- ✓ **Self-Esteem** - the ability to take pride in oneself again
- ✓ **Peace** - contentment with one's lot in life

TOOLS FOR GRIEVING

✓ Be patient with yourself

- ★ Go gently, don't rush. Your body, mind and heart need energy to mend
- ★ Don't take on new responsibilities right away... don't over extend yourself
- ★ Keep decisions to a minimum
- ★ Don't compare yourself to other bereaved. Your grief may be different.
- ★ Throw away notions of a fixed period of mourning. Grief takes whatever time it takes.

TOOLS FOR GRIEVING

✓ Ask for help

- ★ Don't be afraid to ask for help
- ★ Accept help and support when it is offered
- ★ Pray for the person who has died or left
- ★ Contact a 24 hour hot line if needed
- ★ Give yourself time to sort out your thoughts, but don't build a wall around yourself in fear of being hurt again
- ★ Join a support group
- ★ Seek a professional counselor

TOOLS FOR GRIEVING

✓ Accept your feelings

- ✦ Feel what you feel
- ✦ It's OK to cry
- ✦ It's OK to be angry
- ✦ Thinking you are going crazy is very normal
- ✦ Depression is common to those who grieve
- ✦ Emotions of a survivor are often raw.

It's important to let your feelings out!

TOOLS FOR GRIEVING

✓ Lean into the pain

- ★ Lean into the pain... it cannot be outrun. You can't go around it, over it, or under it. You must go through it and feel the full force to survive
- ★ Save time to grieve and time to face grief. Don't lose yourself in work or other activities that leave you no time for grieving
- ★ Tranquilizers don't end the pain, they only mask it.
- ★ Seek help from a counselor or clergy if grief is unresolved
- ★ Be determined to work through your grief

TOOLS FOR GRIEVING

✓ Be good to yourself

- ★ Keep a journal.
- ★ Try to get adequate rest
- ★ If certain days are difficult, schedule activities that you find comforting
- ★ Read recommended books on grief
- ★ Moderate exercise helps
- ★ Plan things which you can look forward to.
- ★ Find quotes and posters that are helpful
- ★ Put balance in your life: pray - rest - work - read - relax



TOOLS FOR GRIEVING

Remember:

**GRIEF
TAKES TIME**

Do not have unrealistic expectations of
yourself

You will get better